

Köttbullar  
(Swedish Meat Balls)

2C soft bread crumbs  
3/4 milk  
1/2 C minced onion  
4 tbsp butter  
1 lb ground beef  
1 1/2 tsp salt  
1/4 tsp nutmeg  
1/4 tsp paprika  
1 egg slightly beaten  
flour  
1 C milk

Soak B. crumbs in milk for 10 minutes  
Saute onion until brown, add Meat, salt,  
paprika, nutmeg & egg to crumb mixture.  
Mix well. Flour hands and roll into small  
ball 1 inch in diameter. Melt butter and  
saute balls, shaking pan constantly to keep  
balls round. Sift another tablespoon of flour  
over balls, shake and cover pan. Cook gently  
for 5 minutes. Pour over the 1C milk and  
simmer until creamy gravy is formed. Serve with  
new potatoes. Utterly delicious!

Cheese Souffle  
(That will stand up)

2 tbsp butter	pch. cayenne
3 " flour	1 C. Old Cheddar cheese (grated)
1/2 C milk	3 Yolks of eggs
1/2 tsp salt	2 sm. tsp B. Powder

Melt butter, add flour, cook  
gently several minutes. Add  
boiled milk, cheese, salt, cayenne.  
Melt cheese slowly, take from fire,  
add beaten egg yolks. Cool mixture.  
Add beaten whites & B. Powder.  
Bake 25 minutes at 400F.  
Serve with Worcester Sauce.

Canadian Cheddar is best.

Both guaranteed to please.  
Lois Anderson